

Staying Cool at Menopause: Straight Facts on Hormone Therapy and other Options



As a woman approaching menopause, you may be familiar with its uncomfortable symptoms and are seeking options for relief. Perhaps you are interested in bioidentical hormone therapy as mentioned on the Oprah show last winter.

Staff from the Regional Menopause Program will help you steer through the mountain of conflicting and often confusing information about menopause and hormone therapy. Bring a friend and sign up for an evening seminar to learn more about:

- what happens in your body around the time of your last menstrual period
- the latest scientific information about the benefits and risks of hormone therapy
- bioidentical hormone therapy
- options to manage symptoms for women who cannot – or prefer not to – use hormone therapy.

Date: May 20, 2010 OR Sept. 21, 2010

(please choose from one of the sessions listed above)

Time: 7:00 – 9:30 p.m.

Place: Auditorium, Grey Nuns Community Hospital

Cost: \$10 (payable at the door)

Space is limited. Pre-registration required. To register call 780-342-8919.



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